

- 1) Family
- 2) Self Help
- 3) Family
- 4) Work

# BHS A.S.S.I.S.T.

## AUGUST NEWSLETTER



Going back to school can be a tough transition, particularly after the relative ease of summer. Whether you're a family with a college bound student or grade school beginner, some planning and preparation can make a big difference in getting the school year off to a good start.

**Start early with structure.** If they're not used to it, waking up earlier may leave kids tired and sluggish. Help avoid this struggle by reestablishing a sleep/wake schedule a few weeks before school starts. Also, eat meals at the same approximate time each day — the time you usually dine during the school year. The more closely you can mimic the school schedule, the better.

**Get organized.** Put together a checklist of needed supplies and have them ready before school starts. For younger kids, prepare and label all notebooks and folders; copy class schedules and tape them inside of folders along with locations of buildings and classrooms.

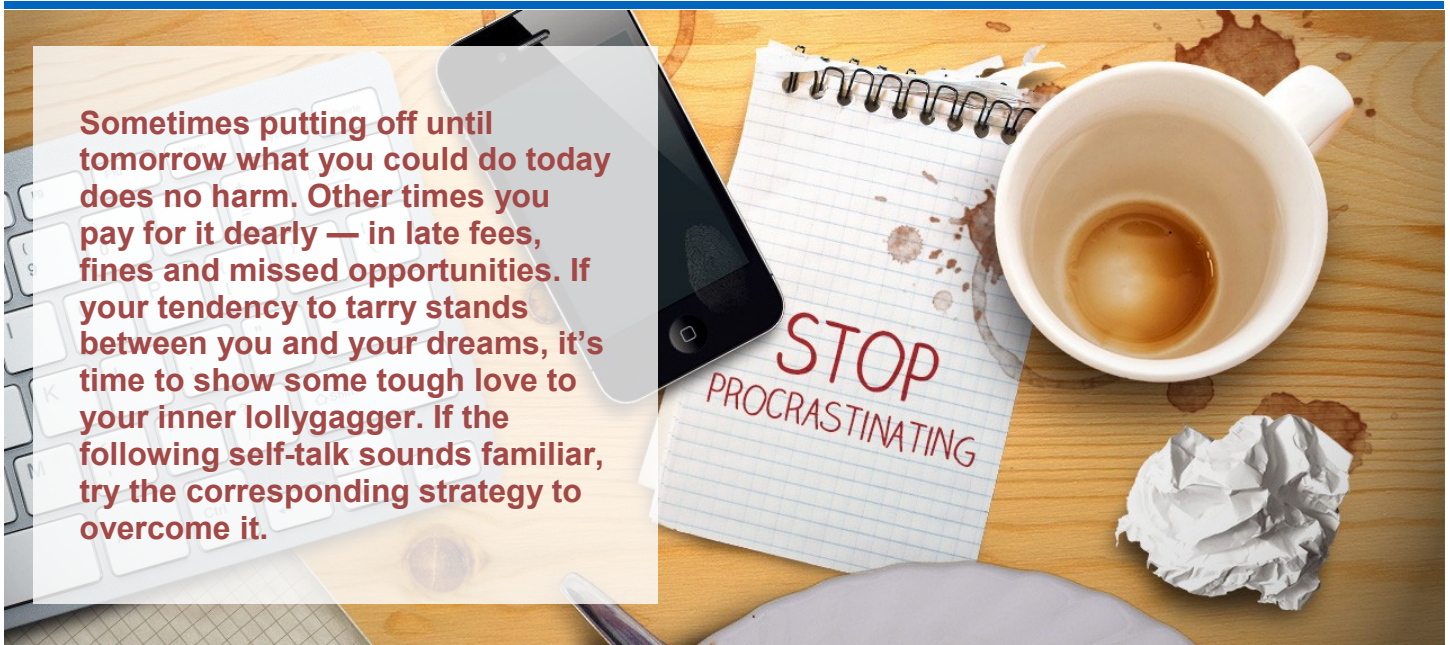
**Bone up on bullying.** Bullying occurs across all age ranges and can happen to both boys and girls.

It isn't always physical, and can include gossip, taunts and malicious exclusion. Children sometimes don't report bullying out of fear and embarrassment. Arm your child with information and resources from [www.bullying.org](http://www.bullying.org).

**Practice time management.** Cramming for tests is less effective than studying in smaller chunks over time. Begin developing good time management skills by planning and sticking to a study schedule. Treating school and homework like an 8 hour a day job is more effective and helps prepare students for life.

**Don't over schedule.** If extracurricular activities become more of a chore than a fun break, you are probably overdoing things. Step back and reprioritize with your child.

**Keep the focus on learning.** Don't make getting good grades the end goal. Instead, treat grades as a way of measuring progress. Understand that everyone has strengths and weaknesses. Try to find real world applications for everything learned.



Sometimes putting off until tomorrow what you could do today does no harm. Other times you pay for it dearly — in late fees, fines and missed opportunities. If your tendency to tarry stands between you and your dreams, it's time to show some tough love to your inner lollygagger. If the following self-talk sounds familiar, try the corresponding strategy to overcome it.

***I don't have time.***

Do you have time to watch TV, browse the internet or play video games? Devote some of those hours to making meaningful, lasting changes in your life.

***I've lost interest.***

There's a reason you bought that fitness video — you wanted to get into better shape. Put yourself into the mindset you had when you made the purchase. Visualize yourself working out. Create motivational cues, such as laying out exercise clothes where you'll see them.

***I'm too busy.***

Joseph R. Ferrari, author of [Still Procrastinating](#), stresses the importance of keeping a to-do list.

Seeing your goals in writing encourages you to set priorities, cross off what you've completed and even schedule time to work on achieving your dreams.

***I might fail.***

It sounds corny, but "I think I can" — the mantra of The Little Engine That Could — should be your internal chant, too. Self-confidence is a powerful motivator, and even small steps toward your goals get your momentum chugging.

**EAP**  
EMPLOYEE  
ASSISTANCE  
PROGRAM

If this sounds familiar and you would like to speak with a professional, call your BHS Care Coordinator at 800-245-1150 to discuss the various options available to you.



## Play Some Music — It's Good For You

Music may have charm to soothe a savage beast, as William Congreve wrote, but can it make us healthier?

It has been observed that listening to "joyful" music can improve a person's blood flow, which may promote vascular health.

Music can trigger endorphins (or similar compounds) within the brain to release nitric oxide, which makes blood vessels dilate, reduces inflammation, stops platelets from sticking and may lower cholesterol. Music is also known to relieve stress, which can result in better health overall.





## BALANCING FAMILY AND TECHNOLOGY

We need to act now because we are facing a breakdown in family communication

Learning to manage technology in your home can be the difference between being a stressed family and a happy one

**No one would argue** that smart devices have made our lives easier, but technology has drastically changed our family dynamics. We are facing a breakdown in communication. Kids think it is acceptable to text their parents from the next room and parents are experiencing marital conflict because they're so distracted by their devices.

The reality is that technology will continue to play a major role in our lives and learning to manage it can make the difference between being a stressed family or a happy one.

**Be a role model.** Do you check your phone every time you hear it beep? You could be setting the stage for your family's addiction. When you set a rule, like "No texting during dinner," be sure you follow the rules you establish.

**Unplug.** Children ages 8 to 18 spend more than seven hours a day consuming media. And all of those hours could be better spent enjoying one's family. Set limits on how much tech time is allowed each day.

**Face time in person.** Face to face socialization is a key factor for overall happiness. Plan time to step away from the computer, set up a play date, invite family over for dinner or meet friends at the park.

**Do something else.** Have you noticed that your kid has become lazy and impatient? Try to push them out of their comfort zone by using no-tech times to go for a bike ride or play outside together.

**Be creative.** Technology doesn't have to be toxic; it can actually strengthen your family's bond. There are many ways to carve out family time in our high-tech world: download a new app, play an interactive video game, take photos or make an online scrapbook together.

Trying to balance family and technology can be challenging. If you need more suggestions than the ones mentioned, call your BHS Care Coordinator today to discuss your options at 800-245-1150.

# THREE KEYS TO SUCCESSFUL COMMUNICATION



There are three communication techniques that can help you with everyday conversation and touchy topics. Asking questions, using "I" statements and being specific can help you create a win-win situation.

**1 Find Out What's Going On.**  
Always ask questions instead of jumping to conclusions. Asking, "Did something happen to cause this project to be behind schedule?" gives the person an opportunity to explain any extenuating circumstances before you take action.

**2 Defuse With "I" Messages.**  
Begin sentences with "I" instead of "you." For example, a sentence that begins "I need..." is easier for the other person to respond to positively, rather than "You did..." or "You shouldn't..." For example, "I need you to unload the dishwasher before you go out and play" is better than "You didn't unload the dishwasher like I told you."

**3 Be Specific.**  
Details prevent misunderstandings and present facts that are hard to argue with. Saying "You're not working fast enough" leaves the person wondering what is fast enough. But if you say "You missed three deadlines last month, and that's not acceptable," the person understands your limits and knows what to do.

## Ham & Cheese Breakfast Casserole

**Pre-heat oven to 375degrees**

### **Ingredients:**

4 large eggs  
4 large egg whites  
1 cup non-fat milk  
2 tablespoon Dijon mustard  
1/4 teaspoon ground pepper  
1/4 teaspoon chopped fresh rosemary  
5 cups chopped & wilted spinach  
4 cups whole grain bread, cut into 1in cubes  
1 5oz ham steak diced  
1 cup chopped jarred roasted red peppers  
3/4 cup shredded gruyere or swiss cheese



Recipe source:  
eatingwell.com

**Prep Time:** 30 min; **Cook Time:** 65 min  
**Servings:** 6

### **Instructions:**

- Coat 7x11in baking dish with cooking spray
- Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary & pepper. Wisk to combine.
- Toss spinach, bread, ham, red peppers into large bowl. Add the egg mixture and toss well to coat. Transfer to the baking dish & cover with foil.
- Bake until the custard has set, 40-45mins, uncover, sprinkle with cheese and continue baking until puffed and golden on top, 15-20 mins. Transfer to wire rack and let cool for 20 mins before serving.

**Nutritional Information Per Serving:**  
286 cal, 10g fat, 23g protein, 23 carbs